

**QC**

# LIFE COACH

**GORD CURRIE KNOWS WINNING  
BUT IN HIS PLAYBOOK,  
SPORTS IS ONLY PART OF IT P. 4**

## MUSIC:

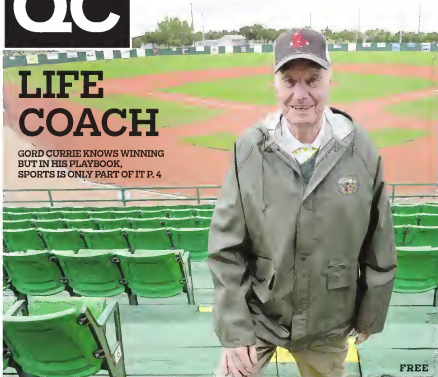
Local teen to play alongside  
idols at Regina International  
Drum Festival **P. 22**

## WINE WORLD:

Greek food wine has  
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# INDEX

ON THE COVER P. 4



David Currie is one of Regina's legendary coaches. He led the Junior Tech Peewee football to eight provincial championships, Regina River to six national championships, and the Regina Red Sox to four provincial championships. GO PEWEE TO PAGE 10/11

## TABLE OF CONTENTS

### ON THE COVER — 4

Gard Currie knows winning but in his playbook, sports is only part of it

### READ MY BOOK — 9

An addiction counsellor's guide to understanding addictions and combating stigma

### IN THE CITY — 14

A moment in time: Photographer Michael Bell captures a unique shot to define the week

### MUSIC — 22

Chris Dennis to play alongside his idols at the Regina International Drum Festival

### SHARP EATS — 24

Webbites help connect people with Saskatoon's new green food

### WINE WORLD — 27

Crack Road wine has a sappy attack and lingering finish

### EVENTS — 28

What you need to know to plan your week  
Send listings to: [qc@leaderpost.com](mailto:qc@leaderpost.com)

### CROSSWORDS/SUDOKU — 31

### OUTSIDE THE LINES — 33

A weekly column providing for kids of all ages by artist Stephanie McFay

### ON THE SCENE — 34

At the Home's Home Harvest Gala fundraising event

## # MUSIC P. 22



Chris Dennis has been headed on drums since he was just 10. In two weeks, he starts drum classes at the Mexican Institute in Los Angeles, after he played at the Regina International Drum Festival. GO PEARL TO PAGE 22/23/24

### QC COVER PHOTO BY DON HEALY

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# ON THE COVER

You're not just coaching football,  
you're coaching people. — Gord Currie

# THE LEGACY OF A LEGEND

## Currie poured the foundation for decades of success



Gord Currie coached the Bellefleur Redskins football team to eight provincial championships, the Regina Rams to six national championships, and the Regina Red Sox to four provincial championships. GC PHOTO BY TONY HOLT

By Jeremy Simes

It was the perfect gift.

On the eve of Nov. 15, 1955, the Regina Rams hosted the Armistice Cup after defeating the Hamilton Hurricanes 50-35 at Taylor Field.

The Rams' head coach, Gord Currie, was lifted onto the shoulders of his players. The crowd of 10,000 rose to their feet, sending Cur-

rie off with a standing ovation.

It was the team's sixth national championship, and the last game Currie coached.

"It was time," says Currie, 95, leaning over his kitchen counter in his south Regina apartment.

He wasn't bored with the gig or the game, but thought the torch should be held in new hands.

"I wanted to let somebody else have the honour."

At the start of the 1956, there were two Canadian junior football teams in Regina — the Regina Dots and Regina Bombers. In 1955, those teams united, forming the Regina Bombers-Dots.

But that became a mouthful for players and team executives.

Consequently, at the team's annual general meeting on Aug. 15, 1956, it was announced the Regina Bombers-Dots would become the Regina Bombers.

Despite the numerous championships that the Bombers would win, things didn't start off pretty. In 1956, the team lost all seven games in the Manitoba Saskatchewan Junior Football League. The team finished last and missed the playoffs.

People used to ask me if he had a brilliant football mind. I would say, 'No, not really' because he wasn't about X's and O's. He was about team, and about giving your best efforts. — Jim Hopson



Boyd's team players are presented with the Jernold Cup for winning the Canadian Junior Football League Championship. This was head coach-Gord Currie's last game with the Rams. From left: Red Hilly, Len Kroll, head coach-Gord Currie (center) and Jerry Jones. (CFL PHOTO BY BOB ANDERSON)

The next year, the Rams finished first. They made the playoffs and at most was the championship.

Meanwhile, Currie was teaching history class and coaching various teams at Ballinor Technical School.

Sitting alongside College Avenue between Winnipeg Street and Broad

Street, the school had large class sizes and much sport.

"My first grade class had 30 people," Currie says. "I only had 20 words. So, we had them on the wall down and we brought in benches."

In the 1960s, a stadium and quarter

back Klens took Currie's history class.

"I thought he was easy going, and we respected him," Klens says. "We knew him as the winning coach. We were pretty proud to be in his class. A winning coach, indeed."

Currie coached the Ballinor Red

men football team to eight provincial championships. Six of those were won consecutively.

"We would just get our bags out at football games," Klens says. "And we'd continue to yell all the way up 11th Avenue and it was home."

While coaching Ballinor teams,

Currie agreed to handle coaching duties with the Regina Red Sox baseball team. Under Currie, the Red Sox won four Southern Baseball League championships.

But winning trophies wasn't the reason Currie got into coaching.

Continued on Page 8

You have to learn from your mistakes and apply them to every new game you play. Never destroy people after they're down. If you have to correct someone's mistake, do it when they've won. — Currie



The legendary Gord Currie with pictures of the many teams he's coached over the years in Regina. QC PHOTO BY DON HEALY

"Winning is important," he says. "But, it's the people you coach, especially the young guys—they would fill me with energy. I felt so comfortable and confident around them."

"The mistakes were more important at the time than they are now. That's what you're striving for. But, you would have been silly to think everything you do is for the cup. Because that's all it is—a goal."

"But it represents everything you and

the players have worked for—attainment, achievement—and that's very important."

By 1961, the Rams had gone through five head coaches. From 1945 to 1966, the team lost more games than they won, missing the playoffs once.

The club needed someone to take the top coaching spot and rebuild the team. Currie fit the bill.

The 1965 Rams football season looked off

with Currie at the reins—where he'd remain for 13 seasons.

That year, the Rams won its season opener against the Saskatchewan Roughriders 36-13. The team made it to the Western final against the Edmonton Eskimos but lost 38-18.

But losing is OK, Currie says.

"You have to learn from your mistakes and apply them to every new game you play. Never destroy people after they're down

if you have to correct someone's mistake, do it when they've won. They'll agree with you. But still be happy because they won the bloody game."

I hope to God that was the way we had died losses."

Even though the Rams lost that year, the Bellair-Johnson football team won its last provincial championship under Currie, against Saskatchewan 60-6.

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When you get a group of young people together, you should take advantage of teaching and reflecting on humanity. That was my experience with Currie. — Frank McCrystal



Left: High School football players salute head coach Gord Currie (second from the right in the back) as the football team wins its 45th game in a row. PHOTO COURTESY OF THE SASKATCHEWAN SPORTS HALL OF FAME

Currie simultaneously coached both teams because he surely "loved" the kids in some thing. It was many of the players' final year, and Currie wanted to be there.

"You use those go home boys to learn in a short period of time," Currie says. "Watching the tremendous amount of change that happens. I enjoyed the human aspect of it all."

After leaving the Redwings, Currie could completely focus on the Rams and continue to lay a foundation that was already starting to be built.

The foundation is "very basic," Currie says. To satisfy the scoreboard at the end of the field, players have to obtain physical skills, techniques, strategies and knowledge of the game, among others.

"If you want to win naturally, you have to emphasize those requirements," he says.

"You have to create an environment that breeds success. An environment based on trust, respect, loyalty, commitment, caring, sharing and a host of other things. An environment that would help make these people realize what really mattered, what truly counted."

That is achieved by teaching fundamental lessons that can be applied to the game of football and life.

"They aren't complicated," Currie says.

"Learning how to block so someone else can score. What an amazing lesson to learn. Translating that to real life means a person so much

better.

"You can't learn it any better than on the football field."

The greatest lesson of all is to win, he adds. "More importantly it's not what you've won, but how you've won it."

From 1971 '86, the Rams won 46 league games, lost five, tied two, and won four national championship games.

The team never lost a game during its 1971 season.

Jim Hopson, former Rams lineman and co-captain that year, and current CEO of the Sask. Ruckus, says Currie has had a tremendous influence on him.

"People used to ask me if he had a brilliant football mind. I would say 'No, not really' because he wasn't about X's and O's. He was about team and about giving your best of both," Hopson says.

"I was a linemen, so seeing these guys but about outplaying them, out working them and out kicking them. And that's who Gord was."

Frank McCrystal, joined the Rams in 1970 becoming one of its linebackers, and played that position for the last time in 1986.

"That was a pretty special place back then," says McCrystal, who has been the Rams' head coach since 1999.

As the Rams continued to learn other lessons in the league, the University of Regina was looking to start its own football team.



Learning how to block so someone else can score. What an amazing lesson to learn. Transferring that to real life makes a person so much better. You can't learn it any better than on the football field. — Currie

Therefore, on May 6, 1996, a deal was made between the U of U and the Canada West University Athletic Association to have the Regina Rams move from junior football to college football.

The 1999 season marked the team's debut in the university ranks. Everything else remained the same, except for a splash of gold as the new uniforms to align with the U of R's colour scheme.

Throughout those changes, McCrystal continued to enable Currie's coaching techniques.

"Good is better than I am," he says with a laugh.

"What I try to do is maximize what he established. When you get a group of young people together, you should take advantage of teaching and reflecting on his tenacity that was my experience with Currie."

"You're not just coaching football," Currie says. "You're coaching people."

Since 2007, the Rams have held an annual dinner night where past and present players gather to celebrate the team and alumni re-

lationships.

"All of us former players just gravitate to words that these events," Hapson says. "He's a magnet, and he remembers everybody."

Most of all, the former and current players came one year, Currie says.

"It's a time to reconnect. They came for that very special enduring relationship that they've had with each other. It's hardly about scores."

McCrystal is set to retire after coaching the 2014 season. He hopes the Rams continue to highlight the players as individuals, as much as they focus on the game of football.

"We want to make sure, integrity continues to stay to the banner of our program, and provide a new experience for those players. It's an opportunity to advance someone else."

The Rams legacy is something you have to feel, he adds.

"If I had to put it into words it's about fairness, honesty and the courage to confront a challenge face to face."

John@leaderpost.com



Gord Currie in front of Harbour College, where he coached the football team to eight provincial championships. QC PHOTO BY DON HEDLEY

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# READ MY BOOK

**LOCAL AUTHORS:** Writers tell us what makes their book worth reading

# ALLAN KEXLER

## Stepping Out From The Shadows

I spent years persevering through the challenges of mental illness and addiction. During that time I was immersed in the shadows of shame and living a life of isolation. Shame will always be the enemy of recovery and a lot of people continue to suffer in silence.

I believe that our voice is our greatest tool, and as a professional speaker, I speak to empower others to use their voice in times of need. It was the feedback from members of my audience who requested my content in written form that led to the creation of this book.

Whether you are personally being challenged by addiction or witness to it, or if you have a loved one struggling with these issues, this

book will gently guide and assist you.

Education is the greatest weapon to combat the stigma that surrounds mental illness and addiction. In the same way that nobody chooses to have schizophrenia, nobody chooses to become an addict. While writing my new Grade 12 textbook I certainly did not write the words "an addict" inside the question "What do you want to be when you grow up?"

Like Russell Brand, I believe that as addicts we do not have a drug or alcohol problem, but rather a reality problem. Drugs and alcohol are simply the solution I view addiction as my attempt to live outside of self so that one does not have to go within. People can overcome themselves in

alcohol, substances, gambling, food, or even their work. Regardless, to move one must lift the blanket and be ready to take an honest look at what lies inside.

I have discovered that there is a significant difference between people who exist and people who live. William Wallace said, "Everyone dies, but not everyone truly lives."

If you feel yourself to be in a position where you are not living, or if you feel like you are consumed by someone else's journey it is time to regain control. A life free from chaos and uncertainty awaits you. Allan Kexler resides in Saskatoon where he is an addiction counselor and college instructor at SRT. He has ended his highly repetitive



Allan Kexler

speaker and has conducted hundreds of lectures while giving national attention. His book is available at McNally Robinson, Indigo, Amazon (Kindle) or through his website [www.aakjournalsolutions.ca](http://www.aakjournalsolutions.ca)



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# The Crowning Achievement

The University of Regina will honour some of its most distinguished alumni at an Alumni Crowning Achievement Awards Dinner next month.

The thousands of graduates who attend the University of Regina (U of R) graduate with much more than a high-quality education. While they may go on to become corporate or professional professionals and community leaders, they also always maintain their ties to the university to the benefit of both.

Alumni are key resources and stakeholders in the U of R community. At more than 63,000 strong, alumni have the potential, through their personal and professional endeavours and involvement in their communities, to "raise the profile and increase the presence of the University regionally, nationally and internationally," a priority stated in *MissionVisionValues*: Our Work, Our People, Our Communities, the university's current strategic plan.

Manager of Alumni Relations Doree Mullin said alumni are great advocates for the university. "No one tells the story of the University of Regina better than its alumni. They are a great resource for the university and it is a mutually beneficial relationship," she said. "So, it just makes sense that, each year since 1992, the university has recognized and honoured the accomplishments of alumni with special awards." "The University of Regina is proud of our outstanding professional, international and creative alumni, who are honoured and respected in their respective careers and communities," Mullin said.

The Awards started slow, with only one award — for professional development — being given out the first year, gradually adding more awards until, about 10 years ago, the university settled on the five awards that continue to be offered to date. The venue and awards event have also grown over the years, with more than 300 guests expected for this year's dinner and awards ceremony on Oct. 22. This year, the event will again be held at the stage at Concours Arts Centre. "It is a beautiful venue," Mullin said, adding that the venue, university and other local, business located throughout the space give the event an "exceptional quality." This year's theme will play be one of harvest and thanksgiving, with the Concours chefs offering a special menu of locally-produced foods.

The University will honour five extraordinary University of Regina alumni who are making significant changes to the world of science, law, scientific research, community and environmental development. Making the final selection of finalists gets harder each year, Mullin said. "It's challenging," she said. "Awarded an endorsement of letters to friends from so many incredible possibilities." The original submissions are whittled down to three finalists by a broadly-based selection committee of the University Board of Directors and others. Those not selected for an award in any year have their names held over to be reconsidered in the following three years.



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# IN THE CITY

# SEPTEMBER 20, 2014 — 2:58 P.M.

## Setting goals



Dean Kakekaway (left) and Daniel Zorimal (right) celebrate Kakekaway's goal during a soccer match at Misumbeel Marathon of Sports field near the Wicwaka Marina in Pigeon. GC PHOTO BY MICHAEL BELL.

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**wellness**



## Anything but old-fashioned Old Fashion Foods celebrates 50 years in 2015

By Rachelle Odoakon  
For L-P Specialty Products

Old Fashion Foods might be having 50 this year, but that isn't stopping the local, family-run business from keeping up to date on all the latest trends in the industry and beyond, as Janet Odoakon, marketing director of Old Fashion Foods explained.

"Old Fashion Foods is only old-fashioned when it comes to our service and care for our customers. We are very current with a Twitter account and a unique, interactive website and active Facebook page," said Odoakon.

Old Fashion Foods is committed to staying on top of all the latest products and innovations in the health industry, with an unrelenting education of organic foods and products, as well as an expert team of staff to assist customers with all their health needs. "We are dedicated to supplying superior customer satisfaction

and market leadership by continuously training our staff on new products and adding them to our shelves as soon as they hit the market. If you're looking for a special or different product, you can usually find it in one of our stores or we will try to bring it in for you," said Odoakon.

Of course, when all is said and done, it's not only as much a business can do to stay ahead of the competition, and the key to success hasn't changed much over the years, as Odoakon explained. "No matter, good, old-fashioned customer service is at the heart of our business. Here at Old Fashion Foods, we take pride in having knowledgeable, caring staff, some of whom have been with us over 30 years. We want everyone that stops through our doors to feel comfortable in a warm and inviting environment, and that's something that never gets old," said Odoakon.

## Establishing healthy lifestyle choices

Early childhood is a time in which children are establishing behaviours that last a lifetime. They see the examples set for them by their families and caregivers, particularly around diet and physical activity.

A multi-sector initiative being piloted in licensed daycares in the Kelowna Health Region is trying to accomplish just that — teach children about healthy lifestyle choices to help give them a healthy future. The Kelowna Kid Working Group, "Let Well Play Well... Together We Are Better," in partnership with Healthy Start/Start Starts, is developing guidelines around physical activity programming in licensed daycares and workplace wellness for staff. Licensed daycares will be supported to adopt health and wellness guidelines and programming to provide children with supportive environments that encourage positive lifestyle choices. Interventions for enhanced physical activity, such as Healthy Start, when implemented within child care settings can reach a large number of children at a critical period of growth and

development, and can help in the prevention of obesity.

"One of the most important things people can do to prevent cancer is maintain a healthy body weight. Unfortunately, rates of obesity are on the rise, particularly in younger age groups," said Sheriella Brown, cancer prevention coordinator with the Saskatchewan Cancer Agency. "This is especially concerning in that overweight and obese children are more likely to become overweight and obese adults, significantly increasing their risk for cancer and chronic disease."

Over 60 per cent of cancers can be prevented by living a healthy lifestyle. In addition to maintaining a healthy body weight, staying active, losing smoke, less, eating right, staying safe in the sun and having regular screening for the prevention and early detection of cancer are all part of maintaining a healthy lifestyle. Supporting the work of "Let Well Play Well" is an important step toward creating a better, healthier future for our children.

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# wellness

# Escape from planet germ

*Hands-free technology is making inroads in two rooms where consumers obsess about germs: the bathroom and kitchen.*

By Mark R. Miller  
CWI Features

Free your hands, wow your friends, avoid germs, conserve water — did someone say avoid germs?

Hands-free faucets, faucets, soap dispensers, hand-dryers and lighters are commonplace in commercial buildings and institutions. As the price for the technology has come down and the adoption of designs has grown, demand for touchless is growing at home, too.

Kohler's touchless toilet TV commercial has more than 4 million views on YouTube since the product was introduced earlier this year.

"We do think it's the flush of the future," says Brad Heuland, Kohler marketing manager, about the company's touchless flush toilet. "I think it's definitely here to stay. I have been traveling the country talking about it for months and people routinely get it. It's been well received."

Touchless works in a simple manner: holding a hand over a sensor located on

the tank lid activates the flush. There is no separate manual lever or button to push. The touchless faucet is available on two Kohler faucets, Canessa and the higher-end Sen Souze, and a retro fit kit that is compatible with most toilets.

The big attraction for many consumers, aside from the ease of use and the initial novelty, is efficiency.

More than half (51 per cent) of 800 U.S. consumers surveyed in a Kohler study expressed concern about germs in the bathroom. More with children in that group were the most germ-phobic, with about two-thirds of them expressing concern. They perceived touchless operation as a more hygienic way to flush, since there's no need to touch the toilet.

"People are not alone owners of the germs that are around them," Heuland said. "They are taking action to minimize the exposure and spread of germs. The toilet is one of the things that stands out to them as the dirtiest things in their home."

*Kitchen sensor faucets and toilets*

There's been around for decades, mostly in commercial buildings like airports, stores and shopping malls, but Kohler's technology addresses some of the biggest consumer complaints. Most commercial toilets use an infrared technology, in which a beam of light is broken, triggering the flush. Infrared is costly, however, and users complain these toilets often flush too soon, or multiple times.

Kohler's touchless flush uses an ultrasonic acoustic lens, which the company says reduces incidental flushing from random motion, such as someone reaching for a towel hung above the toilet or an item sitting on the tank lid. "We wanted it to be pretty robust to a lot of things that could set it off," Heuland said. "People want to have control over the toilet and when it flushes."

The sensor runs on four AA alkaline batteries, which should be replaced every six to 12 months.

Touchless made its way to kitchen faucets first. Moen's MotionSense kitchen faucet, introduced in 2012, is now available in four styles distributed nationally.

Through vigorous research, customer feedback and in-home testing, Moen's MotionSense uses two advanced sensors to set water in motion for a truly hands-free experience, says Tom Tyklicki, senior product manager.

"Technology is constantly evolving and people won't often be able to embrace it," Tyklicki said. "We've seen it with other appliances. It makes sense if you're going to start moving into things like your faucet and continue to expand into other areas in and around your kitchen."

MotionSense virtually eliminates the need to touch the faucet, helping to reduce water usage and the risk of contamination

like the washing dishes, filling a dog's bowl and mixing fruit, chicken or meat as simplified. Touchless faucets are used for hot liquid preparation, when hands are too hot or too dry to turn on the faucet.

"It changes the way you do dishes in the kitchen and improves efficiency," Tyklicki said. "It's a learned experience. Once you get used to it, you get really proficient with it. You're conserving water, too, because you're never actually turning it on."

The handle has several sensors in three ways. The "sense" sensor at the top of the spout detects a simple hand motion and starts or stops the flow of water. It automatically shuts off after two minutes if you happen to walk away. Tyklicki said, "We're no longer taking time washing dishes, filling up a huge pot, when you need a constant flow of water," he said. "You wash it on and wave it off. It's truly a hands-free experience, it really changes the way you interact with your faucet."

A second sensor near the base of the faucet activates water flow when it detects an object placed beneath the spout. Designed with quick leaks in mind like washing hands or filling a cup, it only runs water as long as something is underneath it. The faucets also come with a traditional handle for manual operation, allowing users to adjust temperature and water flow, and it will always work if the faucet loses power, Tyklicki said. Consumers can preset the temperature through the control knob underneath the tank so it will always come out at that temperature.

MotionSense also works off a battery pack that uses six standard AA batteries or an optional AC power adapter installed under the sink.

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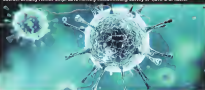


## Eek! Germs!

What we hate to flush in a public restroom:

- 64 per cent opens the toilet flusher with their foot
- 60 per cent uses a paper towel when touching the restroom door
- 57 per cent uses a paper towel when touching the faucet handles
- 46 per cent opens and closes doors with their hip

Source: Embody Health Group, 2012 Monthly Handwashing Survey of LOVE U.S. adults



**wellness**

# Explore natural sleep remedies

**(MNS)** — Sleep is a natural process designed to recharge the body and mind. Although some people find no difficulty in falling down for the night, many others prefer to have periodic or chronic sleep problems. But before seeking doctors to reach for these prescription pills, men and women struggling to fall asleep at night may want to consider some all-natural remedies to help them get a good night's rest.

Doris Sleep Labs says between 30 and 40 per cent of all adults have insomnia in the course of any year, and more than 70 million Americans suffer from sleep disorders and related disorders. The Centers for Disease Control and Prevention recognize insufficient sleep as a public health epidemic that can result in difficulty performing daily tasks, hypertension, depression, and even obesity.

While sleeping pills can be effective, they pose the risk of dependence and also may mix with their side effects. Some individuals have been or engaged in other potentially dangerous activities while under the influence of sleeping pills. No such side effects have been associated with natural remedies.

When lifestyle changes, such as limiting caffeine intake or creating a sleep hygiene program, fail to produce the desired result, the following natural remedies, when used as directed, may help men and women get a better night's rest.

## 1. Meditation

Focusing on breathing and employing visualization may help relax the body into a state where it can drift off to sleep in addition to relaxing the mind. Meditation can reduce stress and hormonal levels. Putting a relaxing scene and focusing on all the senses involved in that scene may put you in a peaceful state of mind that makes it easier to fall asleep.

## 2. Distraction

Although there are conflicting reports as to whether reading or watching television before going to bed helps or hinders, some people with insomnia also find these actions can

help induce sleep.

Choose a book or a program that isn't stimulating to distract yourself from anything that is troubling you. Going to bed can create a state of relaxation that makes it easier to fall asleep. Use the sleep list on the TV to automatically turn it off after a set number of minutes, so you are not woken from sleep by a loud show after drifting off.

## 3. Aromatherapy

Certain scents can relax the body. Preliminary research suggests that lavender essential oil may lengthen total sleep time, increase deep sleep and help people feel refreshed in the morning, particularly for women who have a more acute sense of smell than men. Put a few drops of lavender on a pillow before retiring to bed, or take a relaxing bath with the oil mixed into the bath water.

## 4. Magnesium

Magnesium is a natural sedative. Foods rich in magnesium include dark green leafy vegetables, almonds, white beans and legumes. Magnesium supplements also are available, and these are usually taken in a specific ratio with calcium to be the most effective.

## 5. Valerian

Valerian is a natural herbal remedy that grows in the form of a tall, flowering greenish plant. The roots are ground to produce the supplement that could assist with sleep. The Mayo Clinic notes that several small studies indicate that valerian may reduce the amount of time it takes to fall asleep and help you sleep better. Other studies have shown valerian to be no more effective than a placebo. However, with relatively few side effects, valerian may be worth a try.

There are several natural sleep remedies that a person can try  
MNS photo



## 6. Lemon balm

This herbal supplement and tea works in a similar method to valerian. It is said to relieve anxiety and calm nerves, which could be influencing on your ability to fall asleep.

## 7. Acupuncture

A study from researchers at the University of Pittsburgh concluded that acupuncture may be an effective treatment for insomnia. The study found that five weeks of acupuncture increased melatonin secretion in the evening and improved total sleep time.

## 8. Melatonin supplements

A naturally occurring hormone that regulates your sleep/wake cycle in the brain, melatonin is produced when darkness falls. According to a Journal of Sleep Research study, time-release melatonin supplementation was effective in reducing sleep latency and improving sleep quality. Lower doses of melatonin have been shown to be as effective as higher doses, as less is often more with melatonin.

Insomnia can often be treated to quickly and an over-the-counter remedy, it also may be a side effect of medication or a symptom of a larger condition. Speak with a doctor if insomnia becomes chronic or problematic.

# These plants can improve indoor air quality

**(MNS)** — Indoor air quality is not often an issue in the summer months, when many homeowners open their windows to let the fresh air of the great outdoors enter their homes in abundance. But, once the temperatures begin to dip and windows start to close, indoor air quality can suffer. Musty air is not only uncomfortable, it's also unhealthy. Volatile organic compounds, or VOCs, can build up inside a home, especially when windows are kept closed for long stretches of time, which is often the case in winter. Indoor plants can counter such stale air, in some cases filtering out VOCs to make the air inside a home more breathable and healthy. The following are a handful of houseplants that can improve indoor air quality.

**1. Aloe:** Many of us know aloe for its medicinal properties with regard to healing burns and cuts, but aloe also improves indoor air quality by helping to clear a home of the byproducts, including formaldehyde, of chemical-based household cleaners. Aloe loves the sun, so if you hope to keep an aloe plant healthy through the winter, be sure to place the plant in a window that gets lots of sun exposure throughout the day.

**2. Golden dial:** Also called a garber daisy, needs ample sunlight, and thrives in only well-lit windows in warmer climates. But homeowners who live in such climates may still keep their windows closed in winter and those that do can use these colorful, low-maintenance flowers to help remove indoor air pollutants. A chemical that often may be exposed to during the day cleaning process.

**3. Golden pothos:** The golden pothos can survive a winter, but homeowners should be careful not to let the plant dry out, which can happen if they are directly exposed to sunlight. A golden pothos will grow quickly, so a hanging basket is a great way to keep one as a houseplant where the plant can help fight formaldehyde.

**4. Ficus benjamina:** Also known as a weeping fig, the ficus benjamina can be difficult to overwinter. But that does not mean your ficus benjamina — which can filter pollutants such as benzene, formaldehyde and trichloroethylene from a home — won't make it through the winter. You just need to figure out the right watering and light conditions for the plant. Such conditions can be discussed with a gardening professional.

**5. Wandering jessamine:** The wickweed dicentra, or dicentra dicentra, fights pollutants created by varnishes and oil. This wickweed dicentra is a sunny houseplant that is difficult to kill, but it still thrives in temperatures that are between 51 F and 59 F.

# How to beat the couch potato curse

**(MNS) —** But and several making good progress for men and women looking to live a healthier lifestyle. A combination of a healthy diet and regular exercise makes it easier for men and women to maintain a healthy weight while lowering their risk of serious ailments, including heart disease and diabetes.

A heightened awareness of what makes for a healthy and unhealthy diet, coupled with the increased availability of healthy foods, has helped many people smoothly transition to a healthier diet. But many people still struggle to find time to exercise every day. Commitments to work and family can make it difficult to squeeze in regular workouts, and the sedentary lifestyle is often more appealing than a trip to the gym at the end of a long day juggling both personal and professional obligations. But exercise is integral to a healthy lifestyle, so it's important that men and women take steps to incorporate exercise into their daily routines.

**Figure out when you're free.** Finding free time is perhaps the biggest hurdle adults must clear when attempting to exercise more. Track your daily schedule for a week or two, making note of down times during the day when you might be able to squeeze in 30 to 60 minutes of exercise. If you notice you're spending your lunch hours chatting up on personal emails or surfing the Internet, then consider joining a gym near your office and turning those lunch hours into workouts. If your mornings are not dominated by getting the kids ready for school, then wake up a half hour earlier each morning to squeeze in some time on the treadmill. You likely have some down time with you get to your daily schedule, and identifying such time is the first step toward making better use of it.

**Make it a team effort.** Daily exercise is not just good for adults; it's great for kids, too. Parents looking to fit more physical activity into their daily routines should consider involving their children, many of whom are disliking with fitness class at their own. Parents can make daily exercise a family affair, which increases the time they spend with their children while ensuring their kids stay fit, as well. Men and women without families also can make daily exercise a team effort by working out with a friend or significant other. The buddy system often allows motivation, encouraging men and women to exercise even on those days when the couch is calling.

**Make exercise more interesting.** Many workout routines fall by the wayside because they simply do not engage men and women as neither how motivated they are to lose weight. An hour on the treadmill can seem like an eternity to certain men and women, who can benefit by choosing workout routines that are less monotonous. For example, Zumba is a combination of dance and aerobic exercise that is growing in popularity in

two or spending an hour on the treadmill or elliptical machine, Zumba participants get an equally if not exceedingly challenging cardiovascular workout that many find more fun than traditional aerobic exercise. Thanks to the incorporation of dance, for those without such happy feet, bring a tablet along to the gym and catch up on your favourite television shows or a good book during your cardiovascular routines. The more interesting you find your workout routine, the more likely you are to find time for that routine every day.

**Choose an accessible routine.** When planning your workout, make it as accessible as possible. While sports like kayaking and mountain bike racing relate to great exercise, such activities are not readily accessible to many working professionals with busy schedules. Join a gym fairly early in the morning, drive from home, or purchase some gym equipment you can set up in your own home. The more accessible a workout routine is, the more likely you are to embrace that routine. The cost of the couch can be difficult to ignore. But the side effects of a sedentary lifestyle can be grave, so men and women should work in first steps to include exercise in their daily routines.

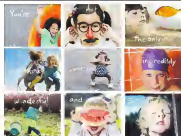


Maintaining a workout schedule is just as important to your credit as maintaining a healthy diet. *MNS photo*

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wellness

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## Asthma & Allergies

Asthma is a chronic lung condition. The airways become inflamed and swollen, causing them to narrow. The airways produce mucus in response to the inflammation, clogging the shrunk tubes. Air can't move through the lungs as well as it should, making it difficult to breathe. Everyone's lungs are sensitive to different things such as pollen, air pollution, or strong chemicals. People with asthma have lungs that are more sensitive than average. Asthma is in part an allergic response and may be triggered by some external substance that particularly irritates your lungs. Some people are sensitive to more than one trigger. Common allergens include:

- grass, tree, and ragweed pollen
- moulds
- house dust mites
- animal dander

Asthma attacks can also be triggered by non-allergic irritants such as:

- viral infections such as the common cold or the flu
- laughing hard, crying, shouting
- stress and smoke
- strong smells (e.g., paint fumes, perfumes, cleaning products)
- suddenly breathing cold air
- vigorous exercise

There is no cure for asthma; it's a chronic condition, and it can last a lifetime. Asthma treatment is aimed at keeping you feeling well, with as few symptoms as possible. Avoiding triggers is your first defense against an asthma attack. Try using an asthma diary card to keep track of your symptoms and your surroundings. Most importantly, see your doctor and ask for help to achieve better asthma control.

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# MUSIC

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# REGINA INTERNATIONAL DRUM FESTIVAL

## Dimas working hard to be a pro

By Ashley Martin

They say music is food for the soul. But it shouldn't replace actual nourishment.

At least Chris Dimas is set for the former.

The 17-year-old is confident about starting drum classes at the Los Angeles Musicians Institute in two weeks. But he's admittedly a little worried about facing on his own for the first time. "I guess I'm only just nervous on how to cook my own food," said Dimas, whose culinary expertise extends to omelet, Kraft Dinner and frozen chicken fingers.

From just nervous about, like, spending too much money at Wal-Mart.

"I'll have to do some learning before I go."

But on the percussive front, he's just fine.

Dimas has been hooked on drums since he was 13, when he won a Roland drum competition at Lang & McQuade that sent him to the Montreal Drum Fest.

He's known for a while he wanted to study music and pursue a music career. He even took the minimum required courses in Grade 12 at Campbell Collegiate to free up more time to play drums. He's known for his "super super genius" parents George and John took him to L.A. to check out the school.

He braces on Sunday and will have quite the schedule. On Saturday, he'll be playing at the Regina International Drum Festival along with some of his idols. "Initially the drummers I've been following since I was 13. Donald Hayward is the headliner that night."

Attending the festival, now in its fourth year, is "inspiritual," said Dimas.

After last year's drum festival, "I went home and practiced for a straight amount of time," he said. "I just looked myself in my drum

room because I want to get there, I want to be where they are."

"After the festival, (the pros) don't have to go home and go back to school, they're going to the next gig or they're going to Australia or Europe for a tour. I want to be there one day, so I gotta get on the level."

Dimas was a year old when he got his first drums, and two when he got his first kit. Granted, they were plastic tops.

He started lessons with Mike Thompson at age four. Though he didn't take the education too seriously — he remembers making faces at the instructor — he was always drumming at home.

"My mom said I used to take her pen and just play with them until they exploded," said Dimas.

Drumming was his focus for a couple of years, but the Roland drum competition changed his path. It provided a very brief exposure as Canada's Got Talent in Grade 10, and an audition with Billy Talent in Grade 11.

A YouTube channel Dimas started three years ago has garnered more than a million views, an endorsement deal with Pearl Drums and relatively high-profile gigs at the Queen City Ro and Summer Sessions. It features almost 60 videos of him playing along to songs by Shinedown, Kanye West, Penge and others.

That should be good prep for his drum gig drumming for a big pop artist like Beyoncé.

"It's a fun game, playing by my own pop," said Dimas. "It appeals to a larger audience so you get to play bigger festivals or bigger venues."

For now, Dimas is part of several local groups: The Make Love, Break Hate Show, Room 303 and Arkadia — the Dimas family band, which plays Greek music at cultural festivals like Reggae's Mistle and Saskatoon's Folk Fest. He also has a DJ from his old friend Dimas and his dad.



Chris Dimas poses with his first-ever drum set he purchased in Regina. QC PHOTO BY STEPHEN SCHULZMAN



# SHARPEATS

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## #SASKATCHEWAN FOOD SCENE

# Websites help connect people with Sask.-grown food

By Jenn Sharp

Sure, it's great to eat local food but where the heck do you find it? Apart from farmers' markets and health food stores, it's not very easy to find food grown close to home or find information on where your food came from.

A few enterprising entrepreneurs are changing that by launching websites and on-line programs to help connect people with food grown close to home.



SASKFOODFIND.COM

The nonprofit Simply Ag Foodfind launched this site in June to help connect food growers with Saskatchewan consumers.

The first venture of its kind in the province, producers are able to promote their operations and sell products directly to customers on the site. Executive director of Simply Ag Foodfind, Tamara West-Borkula says there's large numbers of farm or producing farm gate food in the province but many don't know how to connect with these farmers.

"Our current methods of food procurement are very detached from the actual producers, this has resulted in a lack of understanding about how our food is produced and a knowledge gap in generations."

Along with being able to order food products, the website also has recipes, nutritional facts, news and information sections. According to West-Borkula, there are multiple benefits of purchasing food from Saskatchewan, including better taste thanks to food being harvested at its peak, and supporting the local economy.

## CO-OP

As far as larger grocery stores go, Co-op is undoubtedly leading the pack in sourcing local products. Their All About co-op page lists three labels to identify products grown, raised or produced in Western Canada, and they're taking it one step further by partnering with a dedicated staff and a company called Localize.

## LOCALIZEYOURFOOD.COM

Localize CEO Meghan Dear started the website, which provides a "localized" view on in-store labels, out of frustration — it was hard to find local products in grocery stores.

"If there was a local sign up, it didn't really explain what it meant, I decided to delve into and unpack that."

Localize runs a pilot project in Co-op stores in Alberta farm area



An appetizer served at Aspen Kitchen & Bar during the search of local food or go local in Saskatoon, Sask.



then a year. Now, they're partnering with all 113 Co-op locations in Western Canada (I launched in Saskatchewan on Sept. 15).

What obstacles to consumers will be what's happening in the grocery store. Localize labels will go up on shelves beside price tags, which will identify a product's ownership and where it comes from.

Assure out of 16 is awarded to each product in three different categories: Production, ownership and ingredients. Dear says consumers can find out as much or as little as they like about a

## grocery product.

"Go find out more: products have a QR code, when scanned into a smart phone, a page dedicated to the product comes up."

"If someone is really interested in learning more about that product and its story and where it came from, then we really unpack that. That's my attempt to be more transparent and to push a bit for more transparency behind our food products."

She says transparency is important because people are questioning more and more where their food comes from.

"Our local food producers are available to tell us that story too."

The reason people care about all this are different for every one, according to Dear. For some, it's about supporting the local economy; others want to know if something was grown or raised in a particular way. There's not many ways to find out that information, which is what Localize hopes to fill in Saskatchewan.

"Information is out there but it's hard to find. We pull it together and make it easy to understand."

To find the info, the Localize team works directly with food producers — nearly 600 in Western Canada thus far. They're working with 300 grocery stores and hope to expand.

Continued on Page 26



## This year, the following Alumni Crowning Achievement Award recipients will be honoured:



### Leonard Scholz – Lifetime Achievement Award

Leonard Scholz, MEd, is the recipient of the Lifetime Achievement Award. Scholz began his career as a registered psychologist, however his greatest contributions have been in the realm of charitable culture. Founder of the Vancouver International Film Festival and former speaker of Canada's premier, the vice-chancellor of the University of British Columbia, he has devoted over 30 years to the development of the Canadian film industry.

Scholz is the 2014 recipient of the Alumni Lifetime Achievement Award. The award recognizes an individual for a lifetime of achievement. For giving back to society as a regional, national or international leader and for being recognized as a leader in his or her field.



### Dr. Barry Pittendrigh – Award for Distinguished Professional Achievement

Dr. Barry Pittendrigh, BSc PhD, is the recipient of the Award for Distinguished Professional Achievement. Pittendrigh is an important figure in biological sciences and interdisciplinary research. A leader in his field, he is a highly respected professor and RFP First Professor Chair in Food Technology at the University of Regina at URegina Campus. Specializing in pest management, his research produces sustainable agricultural practices in North America. Whether in the lab or in the field, Pittendrigh enthusiastically shares his knowledge with students, scientists and farmers in the developing world.

Pittendrigh is the 2014 recipient of the Alumni Award for Distinguished Professional Achievement, awarded to an alumnus or an alumna who has achieved professional confidence and distinction in his/her career, and has demonstrated leadership in their pursuit of success.



### Sel Murray – Award for Distinguished Humanitarian & Community Service

Sel Murray, BA (Hons), TS, BSc, is the recipient of the Award for Distinguished Humanitarian and Community Service. Murray came to Canada from Toronto in 1967 and was the first international student scholar at the University of Regina. After becoming the director of International Cooperation and Development – now URegina International! – his dedication to the wellbeing of international students was their dedication to meet their academic needs – to housing, legal and other unmet needs. His efforts resulted in a sustainability – locally produced and nationally – as volunteer and advocate for human rights, cultural diversity and environmentalism.

Murray is the 2014 recipient of the Alumni Award for Distinguished Humanitarian and Community Service. This award recognizes an alumnus or an alumna who has made a difference to the well-being of others as a professional and/or a volunteer by contributing services "above and beyond the call of duty."



### Sean McEachern – Dr. Robert and Norma Ferguson Award for Outstanding Service to the University and/or the Alumni Association

Sean McEachern, BA, EdD is the recipient of the Dr. Robert and Norma Ferguson Award for Outstanding Service to the University of Regina and the Alumni Association. For more than 15 years, he has been a leader at the University of Regina while standing steadily. He was the president of the Students' Union and served on the University of Regina Board of Governors and Senate. He was an active member of the Business Education Student Society and founder and president of the Social Studies Student Society. He was an alumnus. McEachern has served on the chair of Students' Union Board of Directors and on the Alumni Association Board of Directors of which he was president for two years. He remains a member of the Alumni Association Past President Council.

McEachern is the 2014 recipient of the Dr. Robert and Norma Ferguson Award for Outstanding Service. The award recognizes an alumnus or alumna who has shown exceptional volunteer leadership and service to the University of Regina or the Alumni Association.



### Courtney Keith – Outstanding Young Alumni Award

Courtney Keith, BA(Hon), is the recipient of Outstanding Young Alumni Award. Keith is a student support associate at McEachern Lodge and serves as a film crew member in a demanding practice in Human Rights and Labour/Life Litigation. An excellent writer, researcher and presenter, she has contributed to law publications and led teams and served as a guest lecturer at University of Regina. Her contributions extend beyond her law practice. She founded and facilitates the local Net Chapter Book Club for young adults with intellectual disabilities.

Keith is the 2014 recipient of the Outstanding Young Alumni Award, which recognizes an alumna or alumnus under the age of 35 who is making a significant contribution as an emerging leader and is acting as an example for young alumni to follow.

# 2014 Alumni Crowning Achievement Awards

**Wednesday, October 22, 2014**  
**Reception: 5:30 p.m. Dinner: 6:30 p.m.**  
**Conexus Arts Centre**  
**Regina, Saskatchewan**

Register Online  
[www.uregina.ca/alumni](http://www.uregina.ca/alumni)  
**Cost: \$75.00 per person**  
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For more information  
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**or toll free 1-877-779-4723**  
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*Semi-formal dress*  
*Complimentary parking*



# SHARPEATS



Sub-Deutchler shows Gabe Mackay some food advice and recipe ideas for co-op-brothers at Aptos Kitchen & Bar. (PHOTO BY MICHELLE HOGAN)



## COOPFOOD.CO

Bookstore's Dale MacKay is the star of Co-op's new website, devoted to promoting cooking and using Co-op products. Recipes and instructional videos from MacKay form the largest part of the user-friendly site that aims to get people into the kitchen.

"The whole idea is to get people cooking, using new products and trying new things," says MacKay.

He estimates 15 per cent of his non-chef friends don't know how to cook.

"I'm meeting so many people around my age that have no

idea how to cook, so they're eating very poorly. Whenever I go to a party they expect me to cook — hopefully that will change."

The videos show people how easy it is to cook and the recipes, themselves for each month, are simple. "They're just about taking things you already know how to do and making them taste a little better," he says.

He points to the vegetable side of Co-op, commending them for focusing on local, sustainable produce and promoting the local horizon grown food.

"They're the best. They're the original bigsters."

Ron Wilder, Co-op's associate vice president, food, says the partnership with MacKay was an easy choice, thanks to his star status gained through *Top Chef: Canada* and the fact he returned home to Saskatoon from Vancouver to open Aptos Kitchen & Bar.

"We're from Western Canada where we're based. He grew up in Saskatoon, so he understands the values of Co-op. He's concerned about local food and sustainable food. It's a natural fit for us."

Coopfood as well be promoted at stores through recipe cards and merchandising that month's ingredients so people can feel more confident about trying new foods.



Aptos Kitchen & Bar's local chicken wings, served during the launch of coopfood.co

"It's to show people how easy it is to cook with food. It doesn't have to be hard," says MacKay. And that's never a bad thing.

(dcoop@thecoopnews.com)  
Twitter: @coopfoodco

# WINE WORLD

## # SASKATCHEWAN WINE SCENE

### Food wine has a zippy attack and lingering finish

By James Romanow

If you are of a certain age the phrase "Greek wine" conjures such haughty islands, retinas (hard) red wine flavoured with pure resin and pebbles of fast white wine the colour of urine.

Thus is the problem for modern Greek wine — a bunch of super-educated drinkers like me, who would rather be dead in a ditch than face the rigours of Greek wine again.

Greece is the cradle of modern European wine. Their grapes were exported to Italy and the south of France. Their techniques were copied and improved upon. And even today they harbour a number of grapes that would do well where planted abroad. More importantly, they too have imported modern viticulture and wine-making techniques back into their country.

There are a handful of reds as the sheroes here (I have recommended Naoussa in the past in this column) and two whites. One of the whites has a small following as it brings Naoussa (also Naoussa). The other is fairly new and deserves white wine drinkers give it a try.

For the cork dorks in the audience it is a blend of Roditis and Madagros grapes. Know what you're drinking? Not ANOYTHOD Roditis Madagros is here!

Roditis is a golden-colored grape that resembles pinot noir. It has the wonderful capacity to



maintain acidity in hot climates. Madagros is an ancient grape going back to biblical times and probably earlier and makes elegant aromatic wines.

The combination produces a light coloured wine with a citrus and lemon post bouquet, a crisp palate with — and this surprised me — a very small body. The rig of the attack and the lingering finish are the hallmarks of a first rate food wine. Opt!

Petra Roditis, Greece, 2012. \$17.47. More wine in *Wine* magazine and on Twitter @jamesr.

## Crossword/Sudoku answers

HARD	CLAC	RAB
ABHOR	AMISH	ESL
RRATED	MOVIE	DIA
MAP	WEAN	SSTAR
SEWER	UPSTAGE	
TROWER	PRICE	EGGS
SIDEA	PLATS	
AMY	RELEASE	CEO
SYRIA	ALLAH	
ONTV	LEPHANT	BRAM
FOUR	CE	ROSES
NSYNG	LIST	BAL
ONS	ESTRUCT	BRAND
TET	NOMEN	LUCKY
EDS	CASER	ESTAS

5	1	7	9	6	2	3	4	8
2	9	4	8	7	3	5	6	1
8	6	3	4	1	5	7	9	2
7	8	5	3	2	9	4	1	6
1	3	2	5	4	6	9	8	7
6	4	9	1	8	7	2	5	3
9	2	1	6	3	4	8	7	5
4	7	8	2	5	1	6	3	9
3	5	6	7	9	8	1	2	4



## Celebrating

# 30

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## EVENTS

What you need to know to plan your week.  
Send events to [QC@leaderpost.com](mailto:QC@leaderpost.com)

## # MUSIC

Wednesday, Sept. 24

**Wednesday Night Pub:**  
Hawthorn 1155  
Bathurst, 2226 Broadway

**Wayback Wednesday with  
Leather Cakes**  
McNally's, 2226 Broadway Ave.

**Shawn Ryan, Anything But  
Artful Dodge**, 1631 31st Ave.

Thursday, Sept. 25

**Art Garfunkel**  
Casino Regins Show Lounge  
1610 Saskatchewan Dr.

**Artier Studios, The League  
of One, Madrigal**  
McNally's, 2226 Broadway Ave.

**Octoberfest**  
Regina Symphony Orchestra  
Shawlesher Pops  
7 p.m. Tuxley Centre

**Lecore, Coll, Devil You Know,  
Warped, Arcane**  
The Exchange, 2431 Eighth Ave.

**Flare Bar**  
Artful Dodge, 1631 31st Ave.

**Wildfire**  
The Pump, 641 Victoria Ave E.

Friday, Sept. 26

**Ask Pridays**  
1916, 1475 Toronto St.

**Big Chill Fridays**  
The Lancers, 4529 Gordon Rd.

**Adrian Hill**  
McNally's, 2226 Broadway Ave.

**Regina International Drum  
Festival**  
The Club and The Exchange,  
2431 Eighth Ave.

**Canned Heat**  
Casino Regins Show Lounge  
1610 Saskatchewan Dr.

**Wildfire**  
The Pump, 641 Victoria Ave E.



Goshawk performs at the Grand Centre on Monday.

**Steve Gibson**  
Artful Dodge, 1631 31st Ave.

**These States, The Phoenix**  
O'Hanlon's, 1947 South St.

**Kyle Symphony Orchestra  
and Chorus**  
Stalls & cappella, sing and  
spoken prayers, hymns and  
spirituals, sacred classics,  
contemporary instrumental chamber  
music, 7 p.m. Knox Metro-  
politan United Church,  
4403 4th Ave.

Saturday, Sept. 27

**Adrian Hill**  
McNally's, 2226 Broadway Ave.

**Steve Tiger**  
Casino Regins Show Lounge  
1610 Saskatchewan Dr.

**Wildfire**  
The Pump, 641 Victoria Ave E.

**Greg Dekan**  
The Lancers, 4529 Gordon Rd.

**Regina International Drum  
Festival**  
The Club and The Exchange,  
2431 Eighth Ave.

**Kyle Symphony Orchestra  
and Chorus**  
Stalls & cappella, sing and  
spoken prayers, hymns and  
spirituals, sacred classics,  
contemporary instrumental chamber  
music, 7 p.m. Knox Metro-  
politan United Church

Sunday, Sept. 28

**Holby Bridges-Klassek,  
cappano**  
2 p.m. University Theatre, U of  
R Hilde Centre

**Regina International Drum  
Festival**  
The Club and The Exchange,  
2431 Eighth Ave.

Monday, Sept. 29

**Goshawk, Bentons, Pop-Evil**  
Broad Centre

1700 Stephenson St.

**Musical Night Jazz & Blues:**  
Uptown Jazz  
Fishhawk, 2226 Broadway

**Weekly Drum Circle**  
Instruments provided  
7:30-9 p.m., The Living Cell  
Mall, 3018 Dwyer Dr. Call  
Mike 306-566-3911.

**Every Time I Ride, Counter-  
parts, Epine**  
The Exchange, 2431 Eighth  
Ave.

Tue night, Sept. 30

**Royal Canoe, Close Talker**  
The Exchange, 2431 Eighth  
Ave.

**Jon Lane, John Antonuk,  
Maglenings**  
Orion's, 1947 South St.

**Karen Ellis, Marlene Marine**  
Creative City Centre

1643 Hamilton St.

**Tony Silvetti, Airborne**  
the Owl, U of R Kiddell Courts

## # CULTURE DAYS

Friday, Sept. 26

**Steve Anand Memorial  
Tribute to Regina**  
6 a.m.-9 a.m. U of R Aca-  
demic Green

**CARFAC SASK Openhouse/  
Exhibition & Reception**  
1-5 p.m. CARFAC, 1734 Den-  
dasy Ave.

**Autumn Fest: Spoken Word  
Workshop**  
Workshop with spoken word  
artist, Greg Frankson & a  
studio based in Toronto.  
4-6 p.m. Creative City Cen-  
tre, 1543 Hamilton St.

**Reed What's next for arts**

and culture in downtown

**Regina?**  
A panel discussion that  
will explore the capacity  
of cultural activities and  
organizations to build and  
strengthen our downtown  
community. Hosts & speakers  
and a craft bar available 5-7  
p.m. Creative City Centre,  
1643 Hamilton St.

**An Evening of Experimental  
Audio**  
Jam Donkbot begins new  
media collective is residence  
for an evening of experimen-  
tal audio 8-9 p.m. Motril  
Ground, 1650 South St.

**With Poetry Dancing**  
Learn basic ideas to use at a  
pub or café  
6:30-8 p.m. 380-1933 8th  
Ave.

**Autumn Fest: Poetry Slam**  
Feature performance by Greg  
Stutlar, Marlene. Bring your  
own poem to jam in the slams.  
7:30-10 p.m. The Mercury,  
2936 12th Ave.

Saturday, Sept. 27

**Free Theatre Workshop for  
Seniors**  
Hosted by Globe Theatre  
10-11:30 a.m., Regins Senior  
Citizens Centre, 2404 Epiphany  
St.

**North Central Street Fair**  
Interactive street fair fea-  
turing arts, music, dance,  
food, pop-up art gallery, arts  
in education performances  
and activities for the whole  
family.  
10 a.m.-3 p.m. 18th Avenue and  
Rae Street

**Write to your 10-year-old  
self**  
Join this experiment in self-  
discovery and write a letter  
to that little you.  
10 a.m.-5 p.m. 2724 12th Ave.

**Artist Talk with Ray McCal-  
lan**  
Sennock and two will be  
served 2 p.m. Sipping Winds  
Gallery at Tivoli, Boutique,  
2506 Albert St.

# EVENTS

**Autism First Words in the Park with Open Mic**  
Featuring The Mitchell Boys, Cat Abernethy, Greg Vetterli, Frankham and an open mic. Noon-2 p.m., Victoria Park.

**A Call to Create: Mendota Workshop with Brenda Meeble**

A small group of individuals will explore some examples from history, discuss the concepts of advocacy and individuality, and to create and share our own manifesto! Some materials provided. Participation limited to 12. 1-4 p.m. 160-160 8th Ave.

**Live Karaoke**  
8-11 p.m. Creative City Centre, 1643 Hamilton St.

Tuesday, Sept. 23

Atelier 400me anniversary

400th anniversary of the Canadian cultural francophone. Birthday cake and drawing workshops. Noon-1:30 p.m. Halifax Street and 25th Avenue.

**Mr. Dresser's Revenge! Life Drawing Workshop**  
1-3 p.m. Creative City Centre, 1643 Hamilton St.

**DIY Culture Days T-shirt Workshop**

Print your own T-shirt with Artisticus in the paintmaking studio. You get to keep the shirt. Shirt supplies and stencils are limited (100 adult and 25 kids) so come early. 1-5 p.m. Creative City Centre, 1643 Hamilton St.

**Musée Mendota**  
Featuring Love Creek, Prairie Gold, Touchstone Family, Washburner Harmonies. 1-3-2-30 p.m. Muscatela Park.

Barbecued, north side of the lake.

**Colour Downtown YQR**  
Creative City Centre artist-in-residence Tam Fidelek has created a colouring book-style screen print of several downtown neighbourhoods. Participants in this workshop will be led to each location where there will be time to colour each scene. Some coloring supplies provided. 1:30-3 p.m. 3:30-5 p.m. Creative City Centre, 1643 Hamilton St.

**Cultural Grooves: Celebrating Diversity in Stories and Dances**  
Authors Marion Metala, Vicky Koshka, Gave Margandor and Lenny Burrows will read from their works between performances of ritual style belly dancing. Registration required.

2-4 p.m. 875, 875 Theatre, 875 Central Branch, 2381 12th Ave.

**Preparation for Beginners Workshop**  
Led by Keron McLeod and Rowen Pentel, this workshop leads participants through the fundamentals of preparing. Participants limited to six. Early 3-9 p.m., Creative City Centre, 1643 Hamilton St.

**Speak Up! Spoken Word Workshop**  
Word Up! Spoken Word Workshop will guide participants through a series of interactive writing and performance exercises to explore how to use words and our voice to tell our most meaningful stories. Maximum number of participants is 20. First come, first served. 3-5 p.m. Creative City Centre, 1643 Hamilton St.



Learn more: high dancers' latest dance 'Culture Days on Friday' performed at the photo.

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## EVENTS

## # VISUAL ART

**WIF Penneault in the Alley I**  
**Dana & Ruelle**

A main retrospective of celebrated Canadian-born painter WIF Penneault. Best known for a simple subject — the everyday back alley. Opening Reception: Sept. 26, 7:30 p.m. Curator & Artist Conversation: Sept. 27, 2 p.m. Sept. 26-Jan. 6: Mackenzie Art Gallery, 3475 Albert St.

**Ying-Hsiang Chwang: Made in Metals**

Organic elements of plant life from land and sea come generated in color. Until Sept. 27: State Fine Art Gallery, 2018 Halifax St.

**Helinde Harrow: Glancing Blows**

Delicate and distinctive portraits of evocative interaction with us, used within a miniature. Until Sept. 27: State Fine Art Gallery, 2018 Halifax St.

**Sean McElroy: Truncated**

Sculptures depict twisted and stringently deformed shapes, perception issues, and covered in wallpaper, a reference to forests and habitats lost to the pulp industry. Opening Reception: Sept. 24, 7 p.m.

Until Oct. 6: Art gallery of Regina, Neil Sallow Civic Arts Centre, 3420 Elphinstone St.

**Martin Tagher: New Canoeists**

Until Oct. 26: Mycena Gallery, 3166 12th Ave.

**Contemporary Canadiana**

The Artists of Septic Northwork Fine Arts. Features the works of Canadian fine artists who have created works of art in three distinct styles portraying the essence of contemporary Canada.

Until Oct. 21: Regia's Centre Cowling, 1629 Albert St.

**Wileheloisuper: Janus**  
Los Angeles artist Milken Buppert's video series addresses the fine line between states of

being. Named after the Roman god of beginnings and transitions, the subject of Janus is the well-recognized "dual-nature" illustration presented by the philosopher Ludwig Wittgenstein. The enigmatic animals features twist, its eye looks, and a second circle body opens up, implying an overlap of life and death. Until Nov. 13: Central Media-theatre, Dundas Art Gallery — Central Branch, 2381-12th Ave.

**Prize What It Means**

Artists Jason de Haan, Kent Reid and Kara Uzumcar imbue data with poetic and speculative meaning via material transformations, reiterations, assemblages, and texts that mimic scientific processes. Until Nov. 13: Dundas Art Gallery — Central branch, 2381-12th Ave.

**Jessamine Delmon: The Gender of the Side**

Reiner fuses everyday objects with fabricated new materials to reflect their functionality and their aesthetic, creating an evocative mixture of the familiar and the grotesque. Until Nov. 26: Dundas Art Gallery — the second Village branch, 412 Lechdale Blvd.

**Troy Goultsman: Digital Handprints**

Digital art examines the unimagined relationship to technology and imagines ways it — and we — might adapt. The work major role exhibition by the fine-based sculptor Goultsman. Until Jan. 25: Mackenzie Art Gallery, 3475 Albert St.

**Asakubika Gallery**

226.6 Smith St. Open Tuesday to Friday, 10 a.m.-5:30 p.m.; Saturday 10 a.m.-3 p.m.

**Neutral Ground**

8233-12th Avenue St. Open Tuesday to Saturday, 11 a.m.-9 p.m.

**Oakland Off and Fine Arts**  
Oil and ink paintings by Christine and Angela King and

Husky Tans. 2312 Smith St. Open Monday to Saturday, 10 a.m.-5 p.m.

**TAE Contemporary Gallery**  
1621 11th Ave. Open daily 11 a.m.-6 p.m.

## # COMEDY

**The Laugh Shop**  
The standup every Saturday night, 9:30 p.m. Rumsale Hotel, 1518 Victoria Ave.

**The Tinkles**

Gymkata Live commentary for less-than-excellent movies hosted by comedian Apple & Marler Free with a donation to the Regina Food Bank. Sept. 26, 7 p.m. RFL Film Theatre, 2011 12th Ave.

**Hitchhikers Improv**

Sept. 26, 8 p.m. The Artisan, 2627 12th Ave.

## # PERFORMANCE

**Topsy & Benzo: Fun & Games**

Sept. 24, 3:30 and 6:30 p.m. Coreus Arts Centre, 200 Lakeshore Dr.

## # DANCING

**FundDance**

Learn to square dance, round dance or ball. First Two nights: Fri. Sept. 25, 6-7:30 p.m. St. James Anglican Church, 1655 Simpson St.

**African Dancing Night**

Sept. 21 & 28: 4000 Des Plaines, 4000 Des Plaines, 226-1818

**Old Time Barn Dance**

Featuring a cash bar and 10:30 lunch. Live music by Ron and Sandra Rodolph. Sept. 27-28, 8 p.m.-midnight. Historic de la Rue in Indian Head.

**Retro Dance Party**

Every Sunday. McNally's, 2226 Denison Ave.

**Traditional Heels Jigging**

*Topsy and Benzo are at the Coreus Arts Centre for two shows on Wednesday*

free tickets. Pre-registration recommended: 206-526-5283

Monday evenings from 6:30-7:30 p.m. New Dance Hubs, 2307 Harvey St.

## # SPORTS

**Women's basketball**

U of R Cougars vs. Netherlands. Sept. 24, 4 p.m.

U of R Centre for Kinship, Health & Sport.

**Women's volleyball**

U of R Cougars vs. Calgary. Sept. 27, noon. U of R Field

Women's soccer. U of R Cougars vs. Calgary. Sept. 27, noon. U of R Field



U of R Barron vs. Sask. Sept. 27, 2 p.m.

Musical Society.

**Men's hockey**

U of R Cougars vs. Sask. Sept. 27, 7 p.m. Co-op Centre, Expo Place.

**Women's soccer**

U of R Cougars vs. Calgary. Sept. 26, noon. U of R Field.

**Regina Thunder vs. Calgary Colts**

Sept. 26, 1 p.m. Muskat Stadium.

## # FOR FAMILIES

**Stars and Glaciers**  
Wednesday, 1 p.m. Cineplex Odeon Southland Mall, 3225 Gordon Rd.

**Topsy and Benzo Fun and Games**

Sept. 24, 3:30 and 6:30 p.m. Coreus Arts Centre.

**Ruby & Difference**

Comedy bullying through baking, spread kindness with a cookie.

Wednesday, 5-7 p.m. Sweet Ambrosia Bakeshoppe, 200 Wilfrid St. N.

**Drop in Indoor Playground**

Friday, 9-10:45 a.m. South Lakeshore Centre, 170 Sunset Dr.

**Build and Grow Circus**

Build a special feature project for children ages 3 and up.

Saturday, 10 a.m. Lewis, 4205 Gordon Rd.

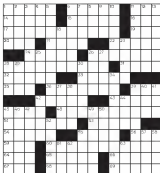
More events on Page 32

## #CROSSWORD

## NEW YORK TIMES Edited by Will Shortz

## ACROSS

- 1 Start to pour? (4)  
 8 As freshwater seeps (4)  
 13 Violent action; slaps (4)  
 14 Shoulder at (4)  
 15 Pile People (4)  
 16 Sully for U is obscen-  
 ity to (4)  
 17 Give for those (2) and up (4)  
 18 Lures or entice (4)  
 20 Tangle starts; ending (4)  
 21 Watered down (4)  
 22 Antagonized and spent (4)  
 23 Hand? conduct (4)  
 24 Tell the show from (4)  
 26 Several Neds' (4)  
 Confirmed? from (4)  
 31 Sewell's leads (4)  
 32 Top of a pillar (4)  
 33 Black legs in some (4)  
 No surname (4)  
 34 Echinor of Comedy (4)  
 Central (4)  
 36 Placated a husband (4)  
 37 It is a May film, (4)  
 September in 2014 (4)  
 40 Lived on the water in (4)  
 Middle America (4)  
 42 Train is brought by (4)  
 43 In a room, ... (4)  
 44 Road, widely available (4)  
 who wrote the (4)  
 classic comedy (4)  
 solution "Told an (4)  
 "Good" (4)



## DOWN

- 1 "help is the ... in (4)  
 that" (4)  
 2 Tact of someone (4)  
 proud (4)  
 3 Lost piece (4)  
 4 Unlaid felt (4)  
 5 Head (4)  
 6 Hedge of "lookers" (4)  
 7 "Dign" worry about (4)  
 8 "Idea of 'looking (4)  
 beauty" (4)  
 9 "Just ... expected" (4)  
 10 Game in which pieces (4)  
 can be forked (4)  
 11 Sake team's statement (4)  
 12 Cheese that is often (4)  
 grilled (4)  
 13 Given the eye (4)  
 14 A type to the accused (4)  
 wall (4)  
 15 It's help women (4)  
 16 Power of a natural (4)  
 wind road (4)  
 17 Horse level stadium (4)  
 with (4)  
 18 Woods (4)  
 (over walk) (4)  
 19 Dog with a no-shed (4)  
 policy? (4)  
 20 What? part (4)  
 21 "Buddy" (4)  
 22 Whether in the kitchen (4)  
 23 Food, never in (4)  
 moderation (4)  
 24 Instead of a search on (4)  
 files (4)  
 25 One to admire (4)  
 400th anniversary (4)  
 41 Restoration unit (4)  
 42 Name that a kid (4)  
 knows for "young man (4)  
 house" (4)  
 43 Hole in a birth (4)  
 announcement (4)  
 44 Worth mentioning (4)  
 45 Traveled (4)  
 46 Top soil, local (4)  
 coverings (4)  
 47 Many kidnapping (4)  
 statistics class subjects (4)  
 48 Acorns (4)  
 49 Red apt (4)  
 50 As the social letters (4)  
 of the answers to the (4)  
 six selected clues on (4)  
 "What of That?" (4)  
 51 "My New" friend (4)  
 52 He and women as (4)  
 friends in the West (4)  
 53 "Red" singer (4)  
 54 Things take and (4)  
 happen (4)  
 55 What? (4)

Photo: iStockphoto.com/John

# JANBIC  
CLASSIC  
SUDOKU

## Level: Beginner

Fill in the blank only using numbers 1 to 9. Each number can appear only once in each row, column and 3x3 block. Use logic and process of elimination to solve the puzzle.

The difficulty level ranges from Beginner (easiest) to Expert (hardest).



Solution to the crossword puzzle and the Sudoku can be found on Page 27.

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**Saturday, October 18, 2014**  
**Dette Regens**  
 1918 Cooks/Chenier Drive  
 Registration starts at 1:00 pm  
 Cost: \$100 per person  
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## EVENTS

**Mix and Toss Board Meetings**

Hosted by Kate Murray, 306-236-2811.  
Friday, 10:130 a.m. Early Learning Family Centre, South Collegiate, 3200 18th Ave.

**Michaela Kells Club**

Saturday, 10 a.m. - noon  
2086 Prince of Wales Dr.

**Family Favourites Film**

Friday & Saturday Film for just \$2.50.  
Saturday 11 a.m. Galaxy Cinema, 420 McCarty Blvd. N

**Family Activities**

Saturday and Sunday, 3 p.m.  
Saskatchewan Science Centre, 2503 Powershield Dr.

**Family Studio Sundays**

Sunday, 3-4 p.m.  
MacKenzie Art Gallery, 3475 Albert St.

**Parent and Preschooler**

Yoga & Gym  
Monday, 9:30-10 a.m.  
At Richey Family Wellness Centre, 445 14th Ave.

**Science Time for Kids**

Interactive workshop aimed at early learners.  
Tuesday, 9:30-10 a.m.  
Saskatchewan Science Centre, 2503 Powershield Dr.

**# OTHER HAPPENINGS**

**Regina Farmers' Market**  
We're open and Saturday, 9 a.m. - 12 p.m.  
City Square Plaza, downtown

**Circle of Care Kickoff luncheon**

Sept. 24/11:30 a.m. Queensbury Centre, 1100 Main Place

**RCMP Sergeant Major's Parade**

Wednesday, 12:45 p.m.  
RCMP Depot Division, 1800 13th Ave.

**Yoga Party**

Hosted by Boethi Tree Yoga.  
Sept. 24, 8-9 p.m.  
Victoria Park, downtown



You can be one of the children to tell the stories of Regina on Sunday afternoon. GET THE PHOTO BY MICHAEL KELL.

**Octoberfest**

Regina Symphony Orchestra hosts this Oktoberfest party, featuring traditional Bavarian food, German music, by the 1950s, a beer garden-inspired venue and dance.  
Sept. 25, 7 p.m.  
Turner Centre, 6 Avenue Rd.

**Educational meeting**

Gret Bennett, Waste Minimization Specialist with the City of Regina will speak about composting.  
Hosted by Regina Horticulture Society. Free for members; \$5 for non-members.  
Sept. 25, 7 p.m.  
United Way, 3440 Seventh St.

**Book Launch**

Ed Wolff launches two new books in the Shades of Excellence series.  
Sept. 25, 7 p.m. Asinibetou Centre, 2260 Smith St.

**CHW Night Steps Regina**

Sept. 26, 6 p.m. Winslow Park

**Regina Val & Run for ALS**

Sept. 27, 10 a.m. Winslow Park Centre, 3180 23rd Ave.

**Harvest Hues 2014**

Jewelry shopping show featuring Susanne Brown, Del

Potter and many others.  
Sept. 28, 10 a.m. - 5 p.m.  
Cathedral Neighbourhood Centre, 2900 13th Ave.

**Midlife Affairs**

Handcuffing Metis people in Saskatchewan. Special guests include actress/singer Andrea Meneau, authors Phil & Dallas Rogers, and the classic barnook Reg. Dwyer, silent auction.  
Sept. 27, 7:30-10 p.m.  
Queensbury Convention Centre, 1100 Main Place, 1700 Regent Square St.

**Chase Night Charity Gala**

Don't miss entertainment, silent auction, fundraiser for the Hospitals of Regina Healthcare. Sept. 27, 8-10 p.m. Conexus Arts Centre, 200A Lakeshore Dr.

**Tel CHW in the Park**

Hosted by Regina Telcel Tel CHW Society. Sept. 28, 10-11 a.m. Victoria Park.

**Welcome Wagon Baby Shower**

Sept. 28, 2-5 p.m. Conexus Arts Centre, 200 Lakeshore Dr.

**Regina Zombie Walk**

One up on your zombie donation for the Food Bank.

Sept. 28, 6:30 p.m. (golfing starts at 3:30)  
City Square Plaza, downtown

**Plants & Pines Trivia**

Friday, 8:30 p.m.  
Orkison, 1847 Seventh St.

**Disc Golf in the Park**

Sept. 29, noon-1 p.m. Victoria Park.

**Philosophy Café**

Lament for a "lost Mother" David Grant on Canadian identity, presented by Ann Wood, U of T political science/philosophy professor.  
Sept. 29, 3-4 p.m.  
The Affinity (Columbia Lounge), 2627 13th Ave.

**Chess in the Park**

Chess games and lessons.  
Sept. 30, 11 a.m. - 2 p.m. Victoria Park.

**Ultimate Frisbee Drop-in**

Sept. 30, noon-1 p.m. Victoria Park.

**Talent up**

Sept. 30, 4-7 p.m.  
Artful Dodge, 1031 13th Ave.

**Chessville Challenge**

Drop-in gathering of board game enthusiasts. Every Thurs-

day, 6 p.m. - midnight, Eastern Plaza, 545 Albert St. N

**# FILM****Wonders of the Sky**

Documentary  
Four modern stories of remarkable courage while striving out to uncover the forgotten life of Rachel Lerner, the man who coined the term "zookeeper" inspired by Samantha Power's Pulitzer Prize-winning book *A Problem From Hell*.

**Al Weired The Fake Game**

Documentary  
A look at the battle against the lawsuit thrust upon him by the chess community in an effort to silence him.

**Money For Nothing**

Documentary  
Nearly 100 years after its creation, the power of the U.S. Federal Reserve has never been greater, yet the average person knows very little about the most powerful - and least understood - financial institution on earth. Narrated by Liv Ullmann.

**Alpha Public Library Trivia**

Sept. 30, 7-8 p.m.  
2311 12th Ave., 306-777-6944

**Night of the Butterflies**

Documentary  
One hundred of millions of butterflies on an amazing journey to a remote highway in the mountains of Mexico.

**Kanyasulk: Animal Kingdom**

Documentary  
Discover Kanya's famous Kanya in their natural habitat, including the Big Five - lion, African elephants, Cape buffalo, leopards and black rhinos - and giraffes, hippos and cheetahs. Meet two Kanyas young males and follow them on their ritual safari.

**Island of Lemurs: Madagascar**

Documentary  
Join scientist Patricia Wright on her 100th mission to find Madagascar's lemur survivors in

the modern world. Narrated by Morgan Freeman.

**# FILM****Joey's House**

Sept. 30, 10:30 a.m.  
306-522-4529

**# NEW MOVIES****The Beatniks**

Family/Animated  
Beneath the charming cobblestone streets of Chocoma, right, a poor Victorian boy rises above his wealth, class, and the sea beast of the chert, and the Beatniks, a community of young and joyful people who wear recycled cardboard boxes. The Beatniks have raised an orphaned human boy, Eggs (voiced by Isaac Hempstead-Wright), since infancy as one of their own. When villainous pirate exterminator Archibald Straker (Ben Kingsley) targets the Beatniks, the King himself band of tinkers must turn to their adopted charge and adventurous fish girl Wanda (Jade Pritchett) to bridge two worlds.

**The Exoner**

Action  
Robert McCall (Daniel Washington), a former covert operations officer, volunteers his services as a private eye in people in need in an effort to atone for a dark past. He meets and forms a relationship with Teri (Christine Ebersole), a former prostitute who needs his help. However, as a result, he finds himself embroiled with the Russian mob. Based on the 1980s TV series of the same name.

Galaxy Cinema  
420 McCarty Blvd. N  
306-522-4529

**Chercher Ours**

Sept. 30, 10:30 a.m.  
306-522-4529

**Rechercher Ours**

Golden Mile Shopping Centre  
306-522-4529

Event listings are a free community service. If you do not wish to be printed in these listings, please contact the publisher.



# OUTSIDE THE LINES



## # Colouring contest

Each week, artist Stephanie McKay creates a timely illustration meant to please kids of all ages.  
 Children can colour the page, have a fun time taken with the finished product and email it to [sp@leaderpost.com](mailto:sp@leaderpost.com). One winner will be chosen each week.  
 Please send **high-resolution pictures** and include the child's name and contact information.



Last week's CG colouring contest winner was **Madihan Durkin**.  
 Congratulations! Thanks to all for your colourful submissions. To enter this week!

# ON THE SCENE

## # HOPE'S HOME HARVEST GALA

Jewels and pairs went hand in hand Saturday night as 200 people gathered for the Hope's Home Harvest Gala fundraiser on a farm just outside of Regina.

"We wanted it to be more of a casual event," said Jacqueline Thibet, Hope's Home executive director.

Proceeds from the event —

which featured a gourmet feast, live auction and the launch of an exhibit on Hope's Home's design by Regina's Hilberg & Berni — will support enhancing Hope's Home programs and its goal toward constructing a new building in Harbour Landing.

Hope's Home is Canada's first medically integrated early learning

centre. It provides daytime and extended-care services for medically fragile children. It also offers fun and educational programs for their siblings as well as typically healthy children from the same family.

**QC PHOTOS  
BY MICHAEL BELL**



1. Joe and Tanya Oddo

2. Mary Fay and Rob Pellick

3. Lisa Bryant, Nicole Cook and Jena Bailey

4. Sonja Cook and Matt Spence

5. Karmela Willett and Peter Ormrod

6. Sonja Cook and Matt Spence

7. Michelle Menz and Dawn Jacobs

8. Taylor Luytjens and Megan Adams Labell

9. Michele and Adam Ashby

10. Peter Karczak and Kerissa Thompson

11. Skye Bradley and Angie Kozak

12. Shannon Skelton and Margaret Martin



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LEADER-POST



## Regina | Event Listings

**culture**days



## Free activities all weekend!



[www.iheartculture.ca](http://www.iheartculture.ca)

# Regina Events | Friday, September 26

## Glen Anagood Memorial Tripi Raising Competition

Dr. Lloyd Gleber, Academic Dean  
University of Regina | 6 pm to 9 pm

The Tripi Raising Competition was initiated by the late Culture & Recreation Glen Anagood from the Manufacturing City Nation. It was Anagood's dream to have a long-standing event to involve the community, support university students and staff by hosting such a competition. The competition is open to the university community, high school students and the general public.

## CARFAC SASK Openhouse Exhibition & Reception

7:30 pm | Dewdney Avenue | 7 pm to 5 pm  
Come visit CARFAC SASK's office for an openhouse experience and an exhibition and learn about the programs and services we offer! Our exhibition will be a collection of artworks by Saskatchewan artists that have participated in CARFAC SASK's mentoring program. Exhibition dates run April 24th to October 1st during office hours. Come check it out!

## Autumn Fest: Spoken Word Workshop

Queen City Club | 1843 Hamilton Street  
2nd Floor | 4 pm to 6 pm

Join us for a spoken word workshop in the fall. Greg Davidson is a facilitator based in Toronto. The power of collaborative living (our organization's byline) is present in events on all of Culture Days 2016. Presented by The Saskatchewan Writers Guild (SRW), The Writing Circle, Editorial Village Arts Festival, Street Life Regina (Editorial Village Arts).

## Panel: What's next for arts & culture in downtown Regina?

Creative City Centre, 1843 Hamilton Street  
3rd Floor | 5 pm to 7 pm

Please join us at the Creative City Centre for a panel discussion that will engage members of the downtown arts and culture community to explore the capacity of arts and cultural activities and organizations to build and strengthen our downtown. There will be food & drinks and a cash bar available.

## Saturday, September 27

### Art Walk Regina 2014

See below for details | 11 am to 5 pm

We have many dynamic art galleries in downtown Regina to visit and see the art and the making process with these artists & works on exhibit. Walk into it all through the well-guarded door of downtown and public galleries like the ArtWalk map.

### Art Walk 2014 at Assiniboine Gallery

2586 Smith Street | 11 am to 5 pm  
12 pm Parking becomes free with ArtWalk! This event is a great opportunity to see the work of Regina's talented artists in person. The gallery's selection includes original mixed media, oil, and acrylic paintings as well as sculpture, prints, drawings, and photography.

### Art Walk 2014 at Dunkap Art Gallery

Higgins Public Library | 2011 12th Avenue  
11 am to 5 pm  
Power Word Performance | September 18 to November 19, 2014 | Jason de la Cruz, Kari Ford and Kara O'Brien. Guided by New Forward Forward Culture Centre, artists are welcome to the gallery for a tour of the current exhibition and to create an art action with help from the gallery staff.

### North Central Street Fair

5th Avenue & Plaza St | 11 am to 3 pm

We are celebrating the incredible diversity of the North Central neighbourhood from an historical street full of historic architecture and local businesses. This year's event will be full of a pop-up art gallery, live market, live performances, and activities for the whole family.

### Write to your 90 year old self

Paper Christmas 2014 | 11 am to 5 pm

What would you write to your 90 year old self? Use this opportunity to sit down and write a letter to that little you. What does the person 80 days you have to say to that little you? We will be offering to spend your time writing your letter to your 90 year old self. We will be providing paper, pens and pencils. We provide the paper, you write the letter.

### Theatre Workshop for Seniors

Regina Senior Citizens | 4 pm to 6 pm

2424 Epitaph Street | 8-10 to noon  
Come join the Globe Theatre for a workshop for seniors. This workshop is a great opportunity for seniors to explore the world of theatre. Professional actors will be leading a free workshop for seniors from 10 am to 12 pm. There is no cost to attend. The workshop will give participants a head of what you can do to prepare for the stage. We will have a cash bar from 9:30 am to 10 am and the Globe staff will be the image creation process that takes place at Canada's only theatre in the round.

### Art Walk 2014 at Hagan Gallery

1843 Hamilton Street | 3rd Floor | 11 am to 5 pm

Home | Journey into the Core by Joel Hagan and Matthew Lippert | The Hagan Gallery features established and emerging Saskatchewan artists. Join us for a tour of the current exhibition on Sunday. See below for more details.

### Art Walk 2014 at Mykonos Gallery

2706 13th Avenue | 11 am to 5 pm

Mykonos Gallery | Mykonos Gallery is a unique space that promotes professional Saskatchewan artists. We are currently exhibiting a collection of works by local and international artists. We are also holding a series of workshops and seminars for artists and the public.

### Art Walk 2014 at Assiniboine Gallery

2586 Smith Street | 11 am to 5 pm

Assiniboine Gallery is a commercial art gallery promoting the work of emerging and established Saskatchewan artists. We are currently exhibiting a collection of works by local and international artists. We are also holding a series of workshops and seminars for artists and the public.

\*Want any of these galleries to post up a copy of the Art Walk Regina map, or find them on Facebook on Art Walk Regina 2014.

## Sunday, September 28

### Abelie 40ème anniversaire

St. Jean Baptiste | 2517 2nd Avenue  
12 noon to 2 pm

12 noon to 2 pm | Drawing session begins

Abelie 40ème anniversaire: une célébration anniversaire à 40 ans (célébration) au Centre culturel de la paroisse de Saint-Jean-Baptiste. L'événement sera ouvert à tous les participants de la paroisse de Saint-Jean-Baptiste. Les participants pourront participer à une séance de dessin et à une séance de peinture.

Celebrate the 40th Anniversary of the Sacred Culture Foundation with a series of drawing workshops. Participants will have the opportunity to create a drawing of their own. The workshop will be held in the Sacred Culture Foundation's drawing room. The workshop will be held in the Sacred Culture Foundation's drawing room. The workshop will be held in the Sacred Culture Foundation's drawing room.

See us tomorrow night! A drawing session

St. Jean Baptiste | 2517 2nd Avenue | 12 noon to 2 pm  
The workshop will be held in the Sacred Culture Foundation's drawing room. The workshop will be held in the Sacred Culture Foundation's drawing room. The workshop will be held in the Sacred Culture Foundation's drawing room.

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### MacKenzie Open House

2475 Albert Street | 11 am to 5 pm

Join us for a free open house with artist Tim MacKenzie. Tim is a local artist who has been working in the area for many years. He will be showing his work and will be available to answer questions and to provide information about his work.

### Music Mosaic

Bonanza in Bonanza Park

12 noon to 2 pm

Bring your singing voice and join the Saskatchewan Music Mosaic. The event will be held in Bonanza Park. The event will be held in Bonanza Park. The event will be held in Bonanza Park.

### Mr. Dressup's Revenge: Life Drawing Workshop

Creative City Centre, 3rd floor

1843 Hamilton St | 1 pm to 3 pm

Mr. Dressup's Revenge: Life Drawing Workshop. The workshop will be held in the Creative City Centre. The workshop will be held in the Creative City Centre. The workshop will be held in the Creative City Centre.



## Culture Days In Saskatchewan!

Across Canada, people are celebrating the 50th anniversary of Culture Days by celebrating their own culture, whether through art, music, dance, multicultural or heritage activities or any number of cultural and creative pursuits. In Saskatchewan, there are over 240 events registered on the Culture Days web site, and all of them are free of charge!

The map you see on this page shows where those activities are taking place...there are hubs of activities in Regina and Saskatoon, but there are also hundreds of activities in rural Saskatchewan...take a drive to the west and experience the artist studio tour in Herbert and Hesh Lake, then head to Swift Current for some cowboy poetry! Or head east to Kemisk and Yorkton for some southern barbecue and Russian tort! You could head south to Assiniboia for free art workshops, or north to Kindersley to participate in their Culture Days Amazing Race! Or you could drive northwest to check out St Walburg and Lloydminster and see the incredible collection of paintings by Saskatchewan's very own Count Bernd von Imhof! Roatham, Birch Hills, Melton, Humboldt...all of these towns and many more are holding their Culture Days events and would love to see you! The scenery in Saskatchewan is the best is pretty spectacular...it's a great time to explore our province to find the complete listing of Culture Days activities in your community, visit our website: [www.culturedays.ca](http://www.culturedays.ca) and click on the button that says "Jump to Your Province". From there, you can use the easy search engine to find activities by region, city or postal code. The website is easy to use, and can help you plan a complete weekend of hands-on, interactive fun!

### About Culture Days

Founded in 2008, Culture Days is a non-profit organization dedicated to building a national network devoted to providing Canadians with opportunities to participate in, and appreciate, all forms of arts and culture through an annual three-day national celebration held the last weekend of September, hundreds of thousands of individuals and cultural organizations in hundreds of cities and towns come together and invite Canadians to participate in free interactive and "behind the scenes" activities to discover their cultural spirit and passion! In Saskatchewan, Culture Days is coordinated by SaskCulture Inc.

### About SaskCulture

SaskCulture Inc. is a non-profit, community-based organization that works with its membership and other community partners to build a culturally vibrant province, where all citizens celebrate, value and participate in a rich cultural life. SaskCulture, through funding from the Saskatchewan Lotteries Trust Fund for Sport, Culture and Recreation, supports a network of organizations that work to engage the people of Saskatchewan in a variety of cultural activities. The lottery-funded system for sport, culture and recreation is delivered to the people of Saskatchewan through a distribution agreement between the Ministry of Parks, Culture and Sport and three independent community partners. These global organizations – Sask Sport Inc., SaskCulture Inc. and the Saskatchewan Parks and Recreation Association Inc. – collectively represent hundreds of volunteer community organizations and ensure that Saskatchewan Lotteries proceeds benefit communities across the province. For more information, please visit [www.saskculture.ca](http://www.saskculture.ca) or go to [www.heartculture.ca](http://www.heartculture.ca) to see and hear stories from around the province!



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